

the Post

Vol. 81, No. 41

October 13, 2006

NEWSNOTES

Soldier Show headed for Dix

The 2006 U.S. Army Soldier Show will take the stage at Timmermann Center Oct. 24 and 25 at 7 p.m. Performances are open to the public.

The show is a high-energy 90-minute live musical review showcasing the talents of active duty Soldiers who are selected by audition from throughout the Army. They are amateur artists who have a passion for music, dance and performing. They come from infantry, transportation, military police, medical, intelligence, aviation, signal and other tactical units. The show is assembled in six weeks, and then tours for 6 1/2 months.

New cast members are selected each year. Aspiring Soldiers worldwide submit application packages that include videotapes, biographies, photographs, and letters of recommendation from their commanders. Soldiers must have an outstanding record in their units as well as demonstrate musicality, movement, stage presence, and versatility.

Soldier Show artistic staff, U.S. Army Community and Family Support Center directors, Soldier peers, and selected senior Army leaders form an audition panel that screens all entries. There were some 200 applications for 17 performer spots.

Mums available at Self-Help Store

Chrysanthemums will be available at the Self-Help Store for housing area residents beginning on Tuesday, October 17. The Self-Help Store will continue to serve the community, including housing area residents, as housing privatization begins on post.

Lunch and Learn Series schedule set for October

The Fort Dix Family Advocacy Program will hold its Lunch and Learn Series in October on Thursdays from 11:30 a.m. to 12:30 p.m. in Bldg. 2430 Third Street on McGuire Air Force Base.

The series is available to the Fort Dix/McGuire AFBL/Lakehurst NAES and is scheduled as follows:

- Oct. 19 -- Impact of Media Violence on Child Behavior
- Oct. 26 -- Fun Activities for Autumn

For more information or to register, call Denaunah Wilson, FAF educator, at 562-4830.

Hispanic Heritage Month celebration set Oct. 25

The Fort Dix Hispanic Heritage Celebration will be held Oct. 25 at 11:30 a.m. at Club Dix. Join the community for entertainment and an ethnic meal of green salad, roast pork, chicken fricasee, white rice, pigeon peas and rice, beef with tomatoes and cilantro, tropical fruit salad, fried plantains, tortilla chips, black beans, lemonade, coffee and tea. Tickets are \$13.50, and are available through unit representatives or MWR.

WEATHER

FRIDAY -- Cloudy with morning drizzle, high of 58 and overnight low of 34 degrees.

SATURDAY -- Sunny skies, continued cool with high of 58 degrees and low of 35.

SUNDAY -- Mostly clear skies, high of 61 degrees and overnight low of 39.

MONDAY -- Partly cloudy, slightly warmer, high of 65 and low of 46 degrees.

TUESDAY -- Partly cloudy, chance of showers, high of 67 and overnight low of 52.

WEDNESDAY -- Cloudy, chance of rain, warmer with high of 70 and low of 55.

Dix team hits the road

Soldiers grab 7th place in Army's annual 10-mile classic

Ed Mingin
Public Affairs Staff

With more than 24,000 participants, the Army Ten-Miler is the largest 10-mile race in the United States. Runners from more than 50 states and 13 countries met this past Sunday in Washington D.C. to compete in the prestigious event.

With this amount of runners, it would be easy to get lost in the mix. Team Dix would not be one of the teams to get lost in the crowd, with a strong seventh place team finish in the Active Duty Open Team Mixed class.

Maj. Scott Fitzgerald, Sgt. 1st Class January Rodriguez, Capt. Bryan Dunker, Capt. Greg Santillo, represented Team Dix in the Army Ten-Miler.

"The trip went smoothly with little traffic there and back and a good pasta dinner put on by Geico and AUSA the night prior to the race. The weather was beautiful for the race and it truly was done in ideal conditions," said Fitzgerald.

"The run this year was great with seventh place. Surprised me honestly," added Fitzgerald. "And Capt. Bryan Dunker had a great race as he caught up to me just after mile eight and paced me for a mile or so."

Fitzgerald would be the first runner from Fort Dix to complete the race, with a time of 1:05:46. He would be the 412th runner across the line.

The strong finish for Fitzgerald is (continued on page 12)



ON YOUR MARKS -- This past Sunday marked the 22nd Army Ten-Miler, held in Washington D.C. Team Dix put forth a strong seventh place finish in the Active Duty Open Team Mixed Class. Runners competed earlier this year to qualify to represent Fort Dix in the event-back row from left, Staff Sgt. January Rodriguez, Lt. Col. Thomas Lavendar, Capt. Greg Santillo, Capt. Bryan Dunker, and kneeling, Maj. Scott Fitzgerald and Maj. Dale Robinson.



Top, Army Photo; above, Ed Mingin

Violence, progress coexist in Iraq

Jim Garamone
American Forces Press Service

WASHINGTON, Oct. 10, 2006 -- Violence and progress co-exist in Iraq, and those who focus exclusively on the violence miss the larger picture, the coalition commander in Iraq said in an interview today.

Army Gen. George W. Casey Jr., the commander of Multinational Force Iraq, said the situation in Iraq is more complex today than at any time in his more than two years in the country.

Many groups are trying to stop progress in the nation, and they all have different agendas and methods, Casey said. Sunni extremists, primarily gath-

What we've been seeing since the elections, but in a more pronounced way since the bombing of the (Golden Mosque in Samarra, Iraq, in February), is the primary conflict is evolving from an insurgency against us, to a struggle over the division of political and economic power among the Iraqis.

ered around al Qaeda in Iraq, make up one group. Shiite extremists, including death squads and some of the more militant Shiite militias, also cause problems. Then there is the resistance, which is made up of Sunnis fighting against the coalition.

Added to this mixture are Syria and Iran, which remain unhelpful,

Casey said. Syria remains the primary route for foreign fighters coming into Iraq, the general said. The country also shelters former Iraqi Baathist leaders.

On the Iranian side, "there is no doubt in my mind that they are providing weapons, training, money to Shiite extremists groups that are being used against coalition and Iraqi security forces and, frankly, now to kill Iraqi civilians," Casey said. Religious fervor associated with Ramadan and the ongoing struggle for control in the Baghdad also complicate the situation. "It is a difficult situation and probably will remain a difficult situation for the next couple of months," he said.

(continued on page 3)

Army Secretary addresses AUSA meeting

Harvey launches 'Army Strong' ad campaign, talks readiness

Dennis Ryan
Fort Meyer Pentagongram

WASHINGTON (Army News Service, Oct. 11, 2006) -- Soldiers' minds, hearts, characters and sense of purpose must all be strong, Secretary of the Army Francis J. Harvey said Monday at the Association of the U.S. Army annual meeting as a video of Soldiers training and fighting played in the background.

"Soldiers must be strong for themselves," the secretary said. "There is only one place to find this strength. You are Army strong."

The new advertising campaign slogan will replace "the Army of One" Nov. 11. The "Army Strong" campaign is part of the secretary's efforts to sustain the all-volunteer force against tough competition from the other services and colleges.

The theme of this year's AUSA meeting is "Boots of the Ground" and the 19th secretary of the Army told a large crowd at the Washington Convention Center how his service has boots

on the ground in 70 countries.

The speech was also a chance for Harvey to update active-duty Soldiers and retirees on the state of Army transformation.

He told how the Army has transformed during active combat from a cold-war, division-heavy organization to 35 modular brigades.

Harvey said terrorist attacks on the United States date back to the Beirut bombings in 1983 -- not just to 9/11. "We are indeed fighting a long war," he said. "It is a war we must win. It is an asymmetric war."

The Army must be "ready and relevant" for warfare in the 21st century, Harvey said. The brigade based modular force will become the future combat system.

A video portrayed a unit using sensors and unmanned vehicles and devices. A Soldier was shown throwing a small surveillance robot through a window, while little drone helicopters scanned the area outside the building under attack for threats. The robot righted itself and proceeded up stairs to scout for enemy activity. This information was instantly relayed to the attack force waiting outside the building. When the enemy was identified the assault force stormed the building.

A small group of Soldiers were able to defeat a much larger enemy force by using real time intelligence to coordinate artillery and air attacks.

Such high tech systems will require "first-class Soldiers and leaders" able to engage in "full-spectrum warfare," Harvey said. Soldiers and civilians who support the warfighter will also have to be of similar quality.

Harvey also touted the Lean Six Sigma business-management tool as an example of transformation in the Army's business culture. LSS are ensuring efficient use of resources and improving Soldiers' equipment.



Shawn Morris

Kids face up to fire prevention

Firefighter Terry Jewell dons his protective equipment piece by piece to help allay fears of toddlers from the Fort Dix Child Development Center during Fire Prevention Month activities Oct. 11.

Visit Fort Dix on the Internet at <http://www.dix.army.mil>

CSM David Deas (Ret.), 1926-2006

The Fort Dix Installation Chapel received a body blow recently when Deacon David Deas, long-time leader of the Protestant congregation at the chapel, died at Virtual Memorial Hospital in Mt. Holly on Oct. 3.

He was 80 years old. A viewing was held Saturday morning, Oct. 7, at the Main Post Chapel followed immediately by an 11 a.m. funeral service. An interment service was held Tuesday, Oct. 10, at the Brigadier General William C. Doyle Veterans Memorial Cemetery in Arnetown.

Deacon Deas served as Protestant Religious Education Coordinator for Fort Dix's Chapel for the last 15 years.

Born in Columbia, S.C., Deas became a career soldier, entering the Army in 1944 and retiring on his duties as Command Sgt. Maj. of the 5th Bn., 2d BCT, at Fort Dix in 1970, 26 years later.

Following retirement from the Army, Deas lived in Browns Mills for 36 years, working as an insurance agent for the Kansas City Life Insurance Co. for 10 years in addition to his many volunteer labors at the chapel.

David met Eloise Moore, his bride to be, in New York City while he was on leave from the Army and stationed in Korea. After a whirlwind courtship, the couple exchanged wedding vows on May 29, 1947, in her hometown of Fort Smith, Ark.



courtesy photo
David Deas

David and Eloise celebrated their 59th wedding anniversary last May, consummating a match made in heaven.

During their time at Fort Dix, Eloise served for more than 17 years for Community Nursing Services and stayed active as a Sunday School teacher at the chapel in addition to belonging to the Women of the Chapel. She also staffs a voting booth in Browns Mills during primary and general elections and has been a volunteer as a reader for Fort Dix's Library Story Time (library's book functions have since moved to McGuire AFB).

In addition to Eloise, David is survived by four sons and a daughter-in-law; David C. and Jeannine Deas of Winslow, Maine, Kevin Deas of Trenton, Lance Deas of Newport News,



file photo by Shawn Morris

LASTING LOVE -- Deacon Deas sings "Because" to his wife Eloise at the Installation Chapel's annual Valentine Dinner Dance Feb. 10, 2005. The loving couple were married in 1947 after a whirlwind courtship.

Va., and Reginald Deas. Surrogate daughter Elizabeth Brown; four grandchildren, Paula, Geoffrey, Nathaniel and Brandon; cousin Betty Jean Deas Range and her husband King; two grand nieces and one grand nephew round out the family tree.

George Waters, Charlie Dreyer, Roosevelt Scott and the Reverend Earl Leach served as honorary pall bearers at the



courtesy photo

CAREER SOLDIER -- Command Sgt. Maj. David Deas was serving with the 5th Bn., 2d BCT, when he retired at Fort Dix in 1970 with 26 years of active duty.

funeral while Lola Atunrase, Betty James, Bonnie Barry and Olga Walker acted as flower girls.

"Onward Christian Soldiers" was among the songs sung at the funeral and the tune personifies Deas' life as a Soldier and Christian gentleman. The sergeant major was, undeniably, God's man.

Team Dix renders a final salute. We will miss him.

Checking out cranberries, cars

photos by Steve Snyder
Public Affairs Staff

Thousands of people strolled through Bordertown City last weekend, enjoying various bands, a display of classic automobiles, boards of cranberry food and derivatives, a farm market and crafts of different sorts, at the 17th annual Cranberry Festival.

More than 150 vendors set up their wares up and down Farnsworth Avenue, hawking crafts and food to all comers.

A car show on Saturday featured about 100 classic models, adding luster to an already festive occasion.

The festival ran Saturday and Sunday and was sponsored by the Downtown Bordertown Association and Ocean spray Cranberries, Inc.

Boppin' Bordertown put bustle in Burlington County.



CLASS ACT -- Crowds jammed the 17th annual Cranberry Festival held in Bordertown City last weekend.



FALL FESTIVITIES -- A wide variety of interests and appetites could be satiated at the Cranberry Festival. At top right, decorations foretell Halloween.



CLASSIC CARS -- Aficionados of great cars past drooled over models such as the brown-hued 1941 Plymouth Convertible, above, and the pink 1939 2-door Chevy Sedan, below, last Saturday at the car display which was part of Bordertown's festival.



Taking cultural cues from first Americans

photos by Steve Snyder
Public Affairs Staff

Over 100 artists and entertainers from almost as many tribes displayed how rich, varied and beautiful were the civilizations they created at the 38th semi-annual American Indian Arts Festival celebrated October 7-9 at Rankokus Indian Reservation in Westhampton.

A renowned hoop dancer did his thing, the Voladores swung from a 100-foot pole, Aztec, and Rankokus Eagle Dancers shook it up, Indian chow was served, birds of prey swept down... In short, patrons savored a scintillating slice of Americana.

And the Post was there. Were you?



PROUD HERITAGE -- Kenneth Hamilton of the Ojibwa/Cherokee Nation shows the curious how Native Americans used bear and other skins for clothing and other utilitarian necessities of village life.



VILLAGE LIFE -- A recreated village typical of Eastern Woodland Indians graced the Rankokus Indian Reservation during the Indian Arts Festival.



INDIAN HAIRCUT -- A young lady gets an Indian style haircut from a friendly native as mom looks on.



NOBLE BREED -- Before the arrival of Europeans, it is estimated that over 60 million buffalo roamed North America. But by 1800, rapacious hunters had killed off the last herd in Pennsylvania and 20 years later the Eastern herd was extinct leaving only about 20 million roaming the Great Plains. American Indians depended upon the buffalo for many things and hated their slaughter. Buffalo provided everything from food to arrow points to medication to "buckskin." Their passing was mourned - and revenged - by Native Americans.



NATIVE DANCE -- A member of the Aztec dance troupe Tioke-Nahuake performs a dance unique to Aztec culture at the Rankokus Indian Arts Festival Sunday.

the Post

This newspaper is an authorized publication for members of the military. Contents of The Post are not necessarily official views of, or endorsed by, the U.S. Government, Department of Defense, Department of the Army, or Fort Dix. It is published weekly by the Public Affairs Office, Fort Dix, AFRC-PA-CL, Fort Dix, N.J. 08640-5075, (609) 562-5037. Circulation: 9,400.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user or patron. If a violation or rejection of this equal opportunity policy by an advertiser is confirmed, the printer shall refuse to print advertising from that source until the violation is corrected.

All editorial content of The Post is prepared, edited, provided and approved by the Public Affairs Office of Fort Dix. The Post is printed by The Burlington County Times, Inc., a private firm in no way connected with DA, under exclusive written contract with Fort Dix. The printer is responsible for commercial advertising.

The appearance in this publication, including inserts or supplements, does not constitute endorsement by the Department of the Army, or the Burlington County Times, Inc., of the products or services advertised. Queries on news content will be answered by the Fort Dix Public Affairs Office. For advertising call (609) 871-8087.

Visit Fort Dix on the Internet at
<http://www.dix.army.mil>

Post Commander Col. R. David McNeil

Public Affairs Officer/Editor Carolee Nisbet
PA Specialist/Webmaster David Moore
PAO Automation/Admin Veverly Wakefield
PAO Media Relations Pascual J. Flores
PAO Editorial/Features Steve Snyder
PAO Admin/Staff Writer Jennifer McCarthy

Fort Dix Public Affairs Office Contract Workers
Melissa Bird, Wayne Cook, Ed Mingin, Shawn Morris

WE GUARANTEE DELIVERY of your Fort Dix Post
The delivery of your Fort Dix Post newspaper is handled by the Burlington County Times. If for some reason you are not satisfied with the service of your newspaper, please call us direct, 871-8000.

CFC launches annual drive

Veverly Wakefield
Public Affairs Staff

This year's Combined Federal Campaign (CFC) Kick-Off ceremony was held Oct. 11 at the McGuire Air Force Base Community Center.

The ceremony opened with a prayer from Chap. Daniel Thompson, who reminded the crowd that, "There is a time to receive as well as a time to give." First Lt. Teresa Hunt followed with a rendition of the national anthem.

Col. Bill Spacy, McGuire's acting commander of the 305th Air Mobility Wing, stated that McGuire's goal for CFC contributions will be \$165,000, the same as this past year.

Lt. Col. Roger Cotton, Fort Dix deputy commander, said Fort Dix's goal will be \$30,000. Both installations exceeded their goals for the 2005 campaign.

The Daedalian Room was filled with military, civilian, and contract personnel as attendees listened to how CFC contributions provides funds for guest speaker Joe Arata, trustee of the Vetgroup, Inc., to provide services to veterans.

Vetgroup is a non-profit outreach program that assists veterans with issues such as homelessness, unemployment, healthcare, transportation, counseling, and substance abuse referral and admittance to detox/rehab facility services.

Arata stated that Ocean County has the largest population of veterans in New Jersey, serving 30,000 to 40,000 veterans.

The Vetgroup has two full-time employees and two administrative personnel. More than 34,000 telephone calls a year are fielded through the office. Vetgroup is based out of Forked River.

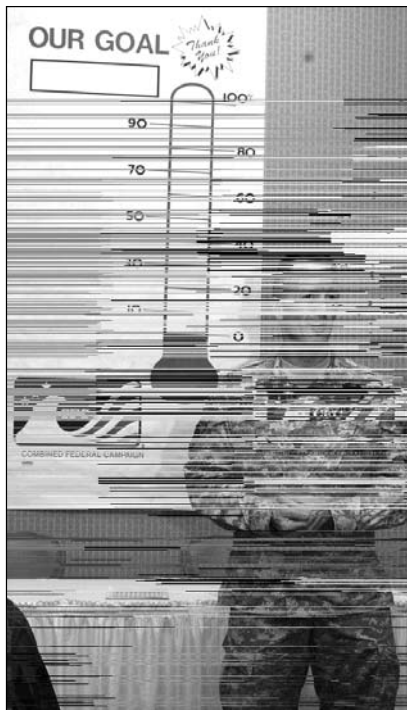
The ceremony closed when Cotton and Spacy signed their CFC pledge cards.

If anyone would like information on how to donate to CFC, please call your directorate representative, Rod Mantell, Fort Dix CFC coordinator, or Joan Cole, campaign chairwoman for Fort Dix at Army Community Services, at 562-2186.

The mission of the CFC is to promote and support philanthropy through a program that is employee focused, cost-efficient, and effective in providing all federal employees the opportunity to improve the quality of life for all.

As the world's largest and most successful annual workplace giving campaign, each year, more than 300 CFC campaigns throughout the country and internationally help to raise millions of dollars.

Pledges made by Federal civilian, postal and military donors during the campaign season (September 1 to December 15) support eligible non-profit organizations that provide health and human service benefits throughout the world.



Shawn Morris

GIVING GOAL — Lt. Col. Roger Cotton, Fort Dix deputy commander, announces the installation's 2006 Combined Federal Campaign goal of \$30,000 during a kick-off session at McGuire Air Force Base Oct. 11.

Leave donations sought for Katrina victims

Wayne Cook
Public Affairs Staff

Many government civilian employees in the area of the Gulf Coast affected by Hurricane Katrina are in dire need of assistance from other government civilian employees.

Due to the unique situation of the need, only government civilian employees are in a position to offer aid — donated annual leave.

In a memorandum dated Sept. 1, 2005 (Attachment 1), from the President of the United States, the Office of Personnel Management (OPM) was directed to establish an Emergency Leave Transfer Program to assist those affected by Hurricane Katrina.

One year later, victims are still struggling to recover and need your help. The director, OPM, issued a memorandum dated Sept. 14, 2006, (Attachment 2), announcing a Government-wide program to coordinate the interagency transfer of annual leave donated under the ELTP.

The ELTP is a program that allows employees to donate their unused annual leave to employees who are adversely affected by a major disaster or emergency and who need additional time off from work. An emergency leave donor may donate a minimum of one hour of annual leave and a maximum of 104 hours of annual leave. The 104-hour limitation may be waived if it is discovered that insufficient leave has been donated to meet the need requirements.

OPM's forms for receiving and donating annual leave under the emergency leave transfer program (OPM forms 1637 and 1638) are available from OPM's Web site at <http://www.opm.gov/forms/htm/1/merg.htm>. Completed forms should be submitted to the local Civilian Personnel Office.

Police Log

Violence, progress coexist in Iraq

(continued from page 1)

But on the positive side, the new government has been in power for nearly 150 days. Government leaders are working hard to build the capacity to govern, but it is a slow process. Iraqi Prime Minister Nouri al-Maliki is focused on what Casey believes is the most important thing: reconciliation.

The general spoke of three linked words that encompass the end state in Iraq: unity, security and prosperity. "If you want prosperity, you have to have security. And if you want security, you have to have unity," he said.

Casey said he is pleased with the progress of Iraqi security forces and the way Iraqis are tackling security problems. Six of 10 Iraqi divisions are in the lead in their regions, he said.

Thirty of 36 Iraqi brigades and 90 of 112 battalions are in the lead, as well.

"That's a good thing," Casey said. "It puts us at a little over 75 percent through the second step of a three-step process."

The first step is to form, organize and equip units. "Then, you make them better," he said.

"You put them in a position where they can conduct counterinsurgency operations with

our support." This is where Iraqi forces are now, he said.

The third step — to put Iraqi forces in a position where they can operate independently — will occur in 2007, he said.

Casey also said Iraqi police are doing okay on local levels. "Two of the provinces have transferred to local Iraqi control," he said. "What that means is the police are able to maintain domestic order in those provinces."

The Iraqis have begun the National Police Reform Program, and the 1st Brigade is already going through training to "re-blue" it. The brigade was trained originally as an infantry unit.

Iraqis are responding to events as they unfold, as well. The minister of the interior pulled the 8th Brigade off-line because some of the police were found to be complicit in the kidnapping and murder of people, Casey said.

Overall there is progress, he said. "We are on a developmental timeline with the military and police and security institutions and ministries where I think the Iraqis are going to be pretty close to assuming security responsibilities by the end of 2007," he said.



Kids get fired up for safety

For Fire Prevention Week, Firefighter David R. Harris gives a firetruck tour to kids at the Child Development Center, above left, and teaches Hannah Wallace, 2, how to "Stop, Drop and Roll," above right. Firefighter Terry Jewell teaches kids not to fear a firefighter in full gear, right.

photos by Shawn Morris



Red Ribbon Week symbol of drug prevention

"The resiliency of this country is amazing. There's no country in the world that turns tragedies into super-positive things like this country...It's unbelievable how we can bounce back from tragic events like Camarena's death and turn it into something as wonderful as the Red Ribbon Week program." —David Dhillon, a co-founder of the Red Ribbon Week Program

Red Ribbon Week is an important tradition for the drug prevention community, and especially for the DEA. The event that has become a national symbol of drug prevention began as a grassroots tribute to a fallen DEA hero, Special Agent Enrique Camarena.

The National Red Ribbon Campaign was sparked by the murder of DEA Special Agent Camarena by drug traffickers. Within weeks of his death in March of 1985, Camarena's Congressman, Duncan Hunter, and high school friend Henry Lozano, launched Camarena Clubs in Imperial Val-

ley, California, Camarena's home. Hundreds of club members pledged to lead drug-free lives to honor the sacrifices made by Camarena and others on behalf of all Americans. From these clubs emerged the Red Ribbon Week Campaign.

Today, Red Ribbon Week is nationally recognized and celebrated, helping to pre-

Fort Dix will celebrate this week by offering a variety of activities for all to participate in.

serve Special Agent Camarena's memory and further the cause for which he gave his life. The Red Ribbon Campaign also became a symbol of support for the DEA's efforts to reduce demand for drugs through prevention and education programs.

By wearing a red ribbon during the last week in October, Americans demonstrate their ardent opposition to drugs. They pay homage not only to

Special Agent Camarena, but to all men and women who have made the ultimate sacrifice in support of our nation's struggle against drug trafficking and abuse.

Fort Dix will celebrate this week by offering a variety of activities for all to participate in.

All activities are free for children who come in with a Red Ribbon from school—parents must pay.

Oct. 23 — Fun Run at the Griffith Field House at noon—the first 150 participants will receive a free t-shirt

Oct. 23 — Drive out Drugs at the Golf Driving Range, 5-7 p.m.

Oct. 24 — Create something at the Arts & Crafts Center, noon-5 p.m. and 6-9 p.m.

Oct. 25 — Bowl down Drugs at the Bowling Alley from 6-9 p.m.

Oct. 26 — Swim away from Drugs at the Pool from 7:30-9 p.m.

For more information about Red Ribbon Week, call the Army Substance Abuse Program at 562 4011.

Halloween safety key

Halloween is a cherished tradition but the excitement of the night can cause children to forget to be careful. There is no real "trick" to making Halloween a real treat for the entire family. The major dangers are not from witches or spirits but rather from falls and pedestrian/car crashes.

Both children and adults need to think about safety on this annual day of make-believe. The National Safety Council urges motorists to be especially alert on Halloween.

Motorists

● Watch for children darting out from between parked cars.

● Watch for children walking on roadways, medians and curbs.

● Enter and exit driveways and alleys carefully.

● At twilight and later in the evening, watch for children in dark clothing.

Parents

● Make sure that an adult or an older responsible youth will be supervising the outing for children under age 12.

● Plan and discuss the route trick-or-treaters intend to follow. Know the names of older children's companions.

● Instruct your children to travel only in familiar areas and along an established route.

● Teach your children to stop only at houses or apartment buildings that are well-lit and never to enter a stranger's home.

● Establish a return time.

● Tell your youngsters not to eat any treat until they return home.

● Review all appropriate trick-or-treat safety precautions, including pedestrian/traffic safety rules.

● Pin a slip of paper with the child's name, address and phone number inside a pocket in case the youngster gets separated from the group.

Costumes

● Only fire-retardant materials should be used for costumes.

● Costumes should be loose so warm clothes can be worn underneath.

● Costumes should not be so long that they are a tripping

hazard. (Falls are the leading cause of unintentional injuries on Halloween.)

● If children are allowed out after dark, outfits should be made with light colored materials. Strips of reflective tape should be used to make children visible.

● Masks can obstruct a child's vision. Use facial make-up instead.

● When buying special Halloween makeup, check for packages containing ingredients that are labeled "Made with U.S. Approved Color Additives," "Laboratory Tested," "Meets Federal Standards for Cosmetics," or "Non-Toxic." Follow manufacturer's instruction for application.

● Knives, swords and other accessories should be made from cardboard or flexible materials. Do not allow children to carry sharp objects.

● Bags or sacks carried by youngsters should be light-colored or trimmed with retro-reflective tape if children are allowed out after dark.

● Carrying flashlights will help children see better and be seen more clearly.

● Trick or Treating

● McGuire Air Force Base will be x-raying candy from 7:00 to 10:00 p.m. at the PAX Terminal.

● Do not enter homes or apartments without adult supervision.

● Walk, do not run, from house to house. Do not cross yards and lawns where unseen objects or the uneven terrain can present tripping hazards.

● Walk on sidewalks, not in the street.

● Walk on the left side of the road, facing traffic if there are no sidewalks.

● To ensure a safe trick-or-treat outing, parents are urged to:

● Give children an early meal before going out.

● Insist that treats be brought home for inspection before anything is eaten.

● Wash fruit and slice into small pieces.

● When in doubt, throw it out.

Most of all, remember to have a fun, safe holiday!

Soldiers revisit history to commemorate allies

Wayne Cook
Public Affairs Staff

In mid-September, British and American Soldiers took part in a historic re-enactment of a World War II event that endeared the two country's military members in the hearts of Holland citizens for generations. Lt. Col. Roger Cotton, deputy installation commander, and Chap. (Maj.) Jason Logan, installation staff chaplain, were the guests of the British 4th Battalion, the Parachute Regiment, as they joined 460 British and American paratroopers in a commemorative reenactment of the famous Market Garden Jump into Arnhem, Holland.

Cotton and Logan spent one day training with the British paratroopers before flying across the English Channel Sept. 15 and making the jump into Ginklesche Heide, Arnhem, Holland, during the 62nd Anniversary of Operation Market Garden to memorialize the battle and to pay tribute to the veterans and the people of Holland who assisted them. Upon completion of the jump, Cotton and Logan were presented British Jump Wings.

On Sept. 16, Cotton jumped with Dutch Army paratroopers and was awarded his Dutch Jump Wings.

Later that evening, the two Soldiers attended a cocktail party at the famous Hartenstein Museum with local dignitaries and received the royal treatment as the locals showered them with appreciation for what American Soldiers and their allies had done for them during their time of oppression by the Germans 62 years ago.

The following day Cotton and Logan attended a memorial service at Oosterbeek Cemetery where more than 1,500 British, Canadian, Australian, Polish, and Dutch military personnel are buried. During the ceremony, Dutch children laid flowers at every grave.

It is traditional that the children of the Arnhem area are taught about the sacrifices of the allied troops during Sept. 17-26, 1944. They are also required to make written or telephone contact to express their appreciation with veterans or family members of British troops who were lost during that fateful period of their history.

Cotton shared that when he was at the cemetery he met a gentleman who was 17 years old and living in Arnhem when Operation Market Garden occurred; his wife was three-and-a-half at the time. He and his family provided shelter and assistance to the British paratroopers. When the operation failed, the Germans shot some of those who helped the British and evacuated the town to punish them.

Today, the gentleman is instrumental in keeping the memory fresh for ceremonies of the occasion.

"When I introduced myself to the gentleman as an American



Soldier, he teared up and thanked me. He said, 'You Americans are getting a lot of flak these days for what you are doing. Keep doing it. We appreciate your courage and remember what you and the British allies did for us 62 years ago. Because of your efforts, we have peace and security and freedom today.' Thank you," said Cotton.

"He said, 'You Americans are getting a lot of flak these days for what you are doing. Keep doing it. We appreciate your courage and remember what you and the British allies did for us 62 years ago. Because of your efforts, we have peace and security and freedom today. Thank you.'"

*Lt. Col. Roger Cotton
quoting a resident of
Arnhem, Holland*

"Those men from the 'greatest generation' were incredibly brave and are a deep part of our legacy, especially in the airborne community. To have the people of Arnhem appreciate those veterans and to transfer that same respect and appreciation on those of us, who serve today, is humbling. It left me with a challenge to live up to.

This is one of the high points in my military service," Cotton added.

These same sentiments were echoed by Logan. "Representing the United States of America, the Army, and Fort Dix during the 62nd Anniversary of Operation Market Garden was truly an opportunity of a lifetime. I've been airborne for a number of years and have served the 82nd Airborne with the Infantry and the Cavalry in combat. I was surprised to get to do an airborne operation from Fort Dix. What a great place to serve. Bottom line, I am totally appreciative of my technical and supervisory chain of command who nominated me for the jump," shared Logan.

"The jump was both dangerous and exciting. The Brits are your typical paratroopers; they are risk takers. We jumped in high winds with unfamiliar chutes, but I still live to tell the story. Lastly, the memorial service on September 17, by the British Padre (i.e., chaplain) was truly moving. Thousands of people attended and the Dutch community fully supported the



photos by Lt. Col. Roger Cotton and Chap. (Maj.) Jason Logan

A LEAP INTO HISTORY - At left, Chap. (Maj.) Jason Logan and Lt. Col. Roger Cotton, deputy installation commander, prepare to jump into Arnhem, Holland, with British paratroopers September 15. Above, American, British and Dutch paratroopers, along with thousands of locals attended a moving memorial service for those who had fallen paying the ultimate sacrifice for freedom in September 1944, while Dutch children lay flowers on each allied soldiers grave at Oosterbeek Cemetery in Arnhem, Holland as a remembrance of the sacrifices made during that fateful campaign to break the Siegfried Line during World War II.

event. In fact, the school children dedicated themselves to care for and decorate the paratroopers' graves. The service concluded with hundreds of children flanking the graves and planting flowers throughout the cemetery," Logan said.

In August 1944, after the landings at Normandy, Field Marshall Bernard Law Montgomery of El-Alemain came up with a plan to try to end the war quickly.

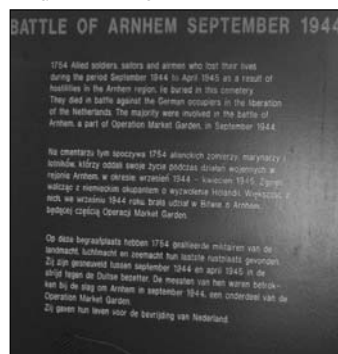
With the American First and Third Armies pushing across the Ardennes and routes south to the Rhine, the British Second Army would sweep north through Brussels toward Antwerp and circle around the Ruhr from the north.

A key part of this plan was to drop British, American and Polish paratroopers at strategic bridges in the Netherlands such as The Son, The Grave, and Nijmegen, to be taken by the American 82nd and 101st Airborne and the prize, Arnhem to be taken and held by British paratroopers.

Once all these bridges were captured and held, the British 1st Army would drive up the road linking them, thus giving the Allies a springboard to the Rhine and Germany.

Due to bad weather, intelligence information being ignored and other factors, the mission failed. The paratroopers dropped in right where German SS Panzers were resting and re-equipping.

The paratroopers were caught in a situation they were not prepared for and had no way of getting reinforcements or supplies



REMEMBERING THE COSTS - Plaque commemorating the Battle of Arnhem where 1,754 allied troops lost their lives trying to break through the German lines in Holland in September 1944.

in time to make a successful fight of it. What was left of the Allied Forces could not hold the bridges or Arnhem and evacuated the area on Sept. 26. The total number of allied troops lost at Arnhem was 1,754.

The campaign that took place that fateful September in 1944 has been viewed time and time again in the 1977 epic movie A Bridge Too Far, starring such great actors including Sir Lawrence Olivier, Sean Connery, Ryan O'Neal, Gene Hackman, Robert Redford, James Caan and many more.

Through the reenactment of this bit of history one has the opportunity to experience a little of what those great heroes endured.

The period of time spent during Exercise Market Garden by the two Soldiers proved to be more than either of them were expecting and their encounter with the citizens of Arnhem and the British troops proved to be much deeper than they had anticipated. History never forgets and the people of Holland, and two United States Soldiers appreciate that.



MILITARY MATTERS

Recruiters reign supreme during NCO/Soldier of Year competition

Shawn Morris
Public Affairs Staff

Some Soldiers take Army recruiting slogans to heart, whether it's "Be All That You Can Be," "Army of One," "Army Strong" or the National Guard's "You Can."

New Jersey Army National Guard recruiters Spc. Hector Rivera and Staff Sgt. Robert Freeman are two such Soldiers. Embodying all the above mantras, Rivera was named the New Jersey Army National Guard Soldier of the Year for 2006, while Freeman took the NCO of the Year title.

The competition was held Feb. 18 at the Joint Training and Training Development Center (JT2DC) on Fort Dix. Five Soldiers competed in six Common Training Tasks -- Maintain an M-16 series Rifle, React to a Possible Improvised Explosive Device, Move Under Direct Fire, Perform First Aid for Bleeding of an Extremity, Communicate via Tactical Radio in a Secure Net, and Navigate on the Ground -- and appeared before a board.

While all the Soldiers performed well, Rivera and Freeman had what it took to edge out the competition.

"I think it came down to the board," said Freeman. "The board is your chance to sell



photos by
Shawn Morris

**LEADING BY
EXAMPLE --**

**Spc. Hector
Rivera, above,
and Staff Sgt.**

Robert Freeman,

right, are the

New Jersey Army

National Guard

Soldier and NCO

of the Year for

2006. Rivera and

Freeman both

work for Recruiting

and Retention

Command.

yourself. It's really going to make or break you."

"The best event was probably land nav," said Rivera.

Both Rivera and Freeman expressed their feelings about being named Soldier and NCO of the Year.

"It makes me feel really proud. It's pretty humbling," said Freeman. "It just feels good to be recognized."

"I don't feel like NCO of the Year," he added. "I just feel like an NCO doing my job."

"It means a whole lot to me," said Rivera. "I've never won anything like this before."

"It was a very good experience," he added.



**NCO Call
at Club Dix
Wednesdays at
6 p.m.**

Bullets

Newly updated TRICARE Standard handbook available to beneficiaries

● **FALLS CHURCH, Va., Oct. 11, 2006** -- TRICARE is making a handbook available to all beneficiaries covered under TRICARE Standard. This new manual goes into much greater detail than the old booklet, making it as useful as the TRICARE Prime and Prime Remote handbooks.

"We are publishing the Standard handbook to help beneficiaries fully understand their medical care," said Army Major General Elder Granger, deputy director, TRICARE Management Activity. "Explaining the benefit more clearly promotes beneficiary satisfaction, and is in keeping with the President's initiative to make health care more transparent."

Although the handbook is chock full of useful data from what's covered to how to file a claim, it does not include cost information. Because of annual cost changes, TRICARE created a separate summary of beneficiary costs flyer that contains costs for all TRICARE programs, including dental and pharmacy. TRICARE will update the flyer whenever the rates change.

Starting in early October, beneficiaries may ask for copies of the TRICARE Standard handbook or the summary of beneficiary costs flyer from their regional contractors or from a local TRICARE Service Center, or view the documents on the TRICARE Smart Site, <http://www.tricare.osd.mil/TRICARESmart>. Basic information on TRICARE Standard is available at <http://www.tricare.osd.mil/Factsheets/viewfactsheet.cfm?id=318>.

Services report decrease in number of mobilized Guard, Reserve troops

● **WASHINGTON** -- This week, the Army announced an increase in the number of reservists on active duty in support of the partial mobilization, while the Air Force, Navy and Marine had a decrease. The Coast Guard number remained the same. The net collective result is 117 fewer reservists mobilized than last week.

At any given time, services may mobilize some units and individuals while demobilizing others, making it possible for these figures to either increase or decrease. Total number currently on active duty in support of the partial mobilization for the Army National Guard and Army Reserve is 80,234; Navy Reserve, 6,053; Air National Guard and Air Force Reserve, 6,925; Marine Corps Reserve, 7,217; and the Coast Guard Reserve, 265. This brings the total National Guard and Reserve personnel, who have been mobilized, to 100,694, including both units and individual augmentees.

A cumulative roster of all National Guard and Reserve personnel, who are currently mobilized, can be found on the World Wide Web at <http://www.defenselink.mil/news/Oct2006/d20061011ngr.pdf>.



Announcements



Movie Schedule at the McGuire AFB Theatre Movie Hotline 754-5139

Friday, Oct. 13 @ 7:30 p.m.
Wicker Man - Nicolas Cage, Leelee Sobieski - A sheriff investigates a young girl's mysterious disappearance on a remote island off the coast of Maine. The community tells him the girl never existed. He continues his search, and is led into a web of deceit and pagan rituals. **MPAA Rating: PG-13, Run Time: 1 hour 37 minutes.**

Saturday, Oct. 14 @ 7:30 p.m.
Invincible - Mark Wahlberg, Gregg Kinnear - Lifelong football fan Vince Papale sees his wildest dreams come true when he becomes a member of the Philadelphia Eagles. While working as a teacher at his high-school alma mater in Pennsylvania, the 30-year-old gets a chance to try out for his favorite team, and, except for kickers, becomes the oldest rookie in NFL history who never played football in college. Based on a true story. **MPAA Rating: PG, Run Time: 1 hour 44 minutes**

Future Features...

Crank

Friday, October 20 @ 7:30 p.m.
R, 1 hr. 23 min.

Hollywoodland

Saturday, October 21 @ 7:30 p.m.
R, 1 hr. 23 min.

Main Chapel

562-5791/562-2020

Sunday services

Protestant at 9 a.m.
Catholic Mass at 10:15 a.m. Gospel at 11:30 a.m.
Catholic CCD is held at 9:15 a.m.
Protestant-Gospel Sunday School at 10:15 a.m.

Religious Services

Islamic Prayer Services
held at noon, Monday through Thursday - Room 24

Adult Bible Study
Wednesdays at 7 p.m.

Catholic Adult Bible Study - Sundays at 11:30 a.m.

Christian Women of the Chapel
hold a Bible Study - Tuesdays, 9:30 a.m. to noon

Jewish Services
Shabbat held every first and third Friday evening at 6 p.m. followed by KIDUSH Fellowship

Chapel 5 (Bldg. 5950) 562-4847

Memorial Prayer Service for Our Soldiers
5:45 p.m. each Sunday
Computer Room: Mon. - Fri.
9 a.m. - noon / 2-4 p.m. and 5-8 p.m.
Infant Baptism and Lutheran Confirmation
Instruction by appointment

24-hour Hotlines

Sexual Assault.....562-3849
Victim Advocacy.....694-8724
Child/Spousal Abuse.....562-6001
Emergencies.....911

Or, visit the Fort Dix Department of
Defense Police Department in Bldg.
6049 on 8th Street.

ARMY COMMUNITY SERVICE
RELOCATION READINESS PROGRAM
FORT DIX NEW JERSEY 08640

**CITIZENSHIP & IMMIGRATION
SERVICES**

The Relocation Readiness Program
www.servicelife.army.mil/relmatters

- * Naturalization
- * Permanent Residence Card
- * Employment Contracts
- * Fiancée/Spouse Visa

For more information and appointments call
Amada Espinosa at 1-800-877-2388 or (609) 562-2767

WDIX
Channel 2
24/7 information

Organizations

Civil Air Patrol Membership
Civil Air Patrol is a vital organization that prepares our youth morally, physically and mentally as leaders of tomorrow. By providing leadership training, technical education, powered and non-powered flight orientation, scholarships and career education for young people (12-18 yrs). We are looking for adult and cadet members who want to make a difference in their personal lives while contributing to a strong America. Contact: Major, Michael Sperry 609-230-4616 or msperry1@comcast.net http://www.njwg.gov/ Building 3412 Neely Rd, McGuire AFB.

County WIC Program Available

Women, Infants and Children (WIC) is a federally funded supplemental nutrition program for pregnant and breastfeeding women, infants and children under the age of 5. Eligibility for the program is based on an income and nutritional or medical risk. WIC can provide infants with iron-fortified infant formula, cereal and juice. Children and women receive milk, cheese, eggs, cereal, juice, peanut butter or beans. Women who breastfeed and do not use any infant formula may also receive carrots and tuna.

The Burlington County WIC Program has clinic sites throughout the county. Evening appointments are available. To learn more about the program call WIC at 267-4303

305 MDG Pharmacy information

Patients using the 305 MDG Ambulatory Healthcare Center who received a prescription must first visit the pharmacy to "check-in and activate" the prescription. An ID card is required. The pharmacy will process the prescription only after check-in.

**FORT DIX
WANTS YOU**

**TO BE A
MAYOR!**

CALL 562-2767

Or Stop by Army Community Services
Bldg 5201, 8th St. & Maryland Avenue
IT'S YOUR PATRIOTIC DUTY!

WWW.DIX.ARMY.MIL

New and improved
to better serve
YOU

ACS Announces Up-coming Classes

It's Your Move: A Game Plan for Investing
Oct. 5 & 19, Nov. 1 from 9 a.m. - 12 p.m.

Parenting as a Team

Oct. 20, 1130 - 1230

For more information call
562-2767

Youth Center

Bldg. 1279 Locust Street
562-5061

Hours of Operation:
Tuesday - Friday 2 to 7 p.m.
Saturday 1 to 7 p.m.
Sunday & Monday CLOSED

Administrative Hours:
Tuesday - Friday noon to 6 p.m.

October Schedule

Oct. 14
Skip-Bo Tournament
4:00 - 6:00 p.m.

Oct. 21
Ready, Set Bake!
4:00 - 6:00 p.m.

Mondays - Fridays
Power Hour
2 - 4:30 p.m.

Computer Lab
4:30 - 6:30 p.m.
(except Oct. 19, 5 - 6:30 p.m.)

Tuesdays
SMART Moves
3:45 - 4:45 p.m.

Wednesdays
Sports and Fitness
3:35 - 4:45 p.m.

Thursdays
Tech Club
3:45 - 4:45 p.m.

Fridays
Arts and Crafts
3:45 - 4:45 p.m.

Note: The Teen Center is open Fridays and Saturdays from 7 to 11 p.m. except during the Youth Center's Midnight Basketball nights.

MOBILIZATION NEW YOU CAN USE

WDIX
Commander's
Channel 2

WDIX
Commander's
Channel 2

Post Shuttle Bus

562-5888
Monday to Sunday - 7 a.m. to 10 p.m.
During the day *Star Tour* buses are used.
In evening the military Bluebird buses are used.

Dix Shoppette/Class Six/ Gas Station

Bldg. 5359, Texas Ave.
Monday to Friday - 6 a.m. to 10 p.m.
Weekends - 7 a.m. to 10 p.m.

BX/PX & Mall

723-6100
Monday to Thursday - 10 a.m. to 8 p.m.
Friday and Saturday - 8:30 a.m. to 8 p.m.
Sunday - 10 a.m. to 6 p.m.

Commissary

754-4154
Monday to Friday - 7 a.m. (early bird) to 8 p.m.
Saturday - 9 a.m. to 8 p.m.
Sunday - 10 a.m. to 7 p.m.

Military Clothing/Sales Store-Alterations

723-2307
Bldg. 5601, Texas Ave.
Monday to Saturday 10 a.m. to 5:30 p.m.
Sunday - Closed.

Club Dix

723-3272
Dix Cafe
Tuesday to Friday 11 a.m. to 1 p.m.
Revolutions Lounge
Opens 4:30 p.m. Tuesday to Sunday
Karaoke every Thursday at 8 p.m.

Recreation Center

562-4956
Bldg. 5905 on Doughboy Loop.
Monday through Friday - 1 to 10 p.m.
Saturday and Sunday - noon to 11 p.m.
AT&T Cyber Zone offers computer access for a fee

Dining Facilities

NEW HOURS

Bldgs. 5640 and 5986
Mon - Sun 5:30 to 7:30 a.m.
Mon - Sun 11:30 a.m. to 1:15 p.m.
Dinner Mon - Sun 4:30 to 6:30 p.m.

Bldg. 5517
Breakfast Mon - Sun 6:30 to 8:00 a.m.
Lunch Mon - Sun 11:30 a.m. to 1:00 p.m.
Dinner Mon - Sun 4:30 to 6:00 p.m.

Outdoor Recreation

562-6667
Bldg. 6045 Doughboy Loop
Equipment for rent includes skis, snowboards,
canoes, flat bottom boats, canopies of various sizes,
tents, tables, chairs and more.
Monday to Friday 10 a.m. - 5 p.m.
Saturday 4 p.m.

Computer Lab

562-5228
Delaware Ave. & First St.
Tuesday to Friday - 1 p.m. to 9 p.m.
Saturday - Sunday - 1 p.m. to 7 p.m.

McGuire Gas Station

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 7 p.m.
Sunday - 9 a.m. to 6 p.m.

Firestone

723-0464
Bldg. 4201 on Texas Ave.
Monday through Friday - 7 a.m. to 7 p.m.
Saturday - 7 a.m. to 5 p.m.

McGuire Shoppette

723-4705
East Arnold Avenue by the 24-hour gate
Monday to Thursday - 6:30 a.m. to 9 p.m.
Friday - 6:30 a.m. to 7 p.m.
Saturday - 9 a.m. to 10 p.m.
Sunday - 9 a.m. to 7 p.m.

Burger King

723-8937
Bldg. 5399, Texas Ave.
Monday to Saturday 6 a.m. to 8 p.m.
Sunday 7 a.m. to 8 p.m.

Spouses' Club Thrift Shop

723-2683
Tuesday and Thursdays - 10 a.m. to 2 p.m.
First Wednesday of each month - 4 to 8 p.m.
First and 3rd Sunday of each month - 10 a.m. to 2 p.m.

Family Advocacy

562-5200
Chaplain
562-5721/2020
American Red Cross
562-2258
Army Emergency Relief
562-2767



Freedom of choice privilege, not right

Chap. (Col.) David Forden
installation staff chaplain

It was the end of a long day, and two of our Army Community Service (ACS) counselors had just come out of the commissary. The counselors had spent a good part of their day listening to Soldiers share their experiences of their last year in Iraq.

The counselors heard how many of the Soldiers missed watching the first steps of their little boy or girl, how some had lost a parent or grandparent while they were away. Some had witnessed unspeakable deeds of trauma unfold before their eyes. A number had personally lost friends in Iraq. The Soldiers had given up much to serve their nation.

So, when the bugle sounded and the cannon went off at 5 p.m., the counselors and everyone in the parking lot stopped talking, turned toward the flag, placed their hands over their hearts and stood at attention.

All, that is, except one woman who continued to walk across the parking lot, laughing and speaking very loudly to the person who was helping her carry her bags to her car. She continued her nonstop monologue after the sound of the final bugle note. People in the parking lot looked at each other, and shook their heads.

When the counselors approached the woman and asked if she understood what was happening on the post at Retreat, the woman immediately

became angry and aggressive. Her response was, "Who do you think you are, telling me what to do? This is a free country and I choose not to stop, and that is my choice, that's my right!"

Needless to say, things went downhill from there. The two ACS counselors wisely saw that "nothing is closed tighter than a locked mind." So they returned to their own cars, only to be followed home for about 10 minutes by this indignant woman in her car.

I believe this incident illustrates how different our military world is from the world of many of our civilian neighbors. For we as Soldiers, and those who support Soldiers, showing respect to the flag is one way we honor each other, this nation, and those men and women in our nation's past who have given so much that we might freely exercise our choices.

It saddens me to hear of incidents like this. Yet it reminds me that this nation is made up of the grateful and the ungrateful, the wise and the foolish, the righteous and the rascals.

This insolent woman is so blessed and yet she has no awareness of the extent of her blessing. She could not find it in her heart to stop for the 67 seconds it takes to honor those who made it possible for her to live in such a blessed nation.

I stood outside at Retreat today. I joined in and watched how Soldiers stopped, waited to present arms and salute. It was good to see that we have so many Soldiers and civilians who do honor our brothers and sisters and the values upon which this nation was built.

For we as Soldiers, and those who support Soldiers, showing respect to the flag is one way we honor each other, this nation, and those men and women in our nation's past who have given so much that we might freely exercise our choices.

Chaplains' Corner

Capt. James Collins
chaplain candidate

On Sept. 1, 2001, a good friend of mine was promoted to the prestigious but dangerous Counter Terrorist Task Force. He was excited by his challenging new position. As a young and newly married FBI agent, he was on top of the world. I was so pleased that we had maintained our friendship even after my resignation from the Bureau upon entering the seminary.

Ten days after his promotion, he experienced first-hand the horror that most of us watched on television that day. As he traveled from his beautiful new home upstate, he entered the Holland Tunnel. Exiting the tunnel, every cell phone and pager was going off. He could see the smoke pouring from one of the towers.

He scrambled to the office and picked up the rest of his equipment. As he approached the World Trade Center, he heard a thunderous roar - the second plane struck. As he approached the site, it looked like a war zone; debris everywhere, smoke, and death.

As he entered the smoke-filled area, he caught the eye of a fireman on the other side of the plaza. The silence of the moment was broken by the horrific sound of the tower beginning to collapse. The look in his eye was that of sure fear. It's over. Death surrounded him.

He felt totally helpless, just as when the crowd around Jesus said, "Don't bother, she's dead." It's over. Jesus ignored their negativity and said, "Do not fear, only believe." The gospel reminds us that when all things look bleak and darkness surrounds us, it is God who has the power to bring life forth from death, to bring light to the darkness.

Their eye contact across the smoking debris-covered plaza was finally broken by the thundering sound of each floor collapsing, making their deadly descent downward toward earth. In terror both he and the fireman simultaneously turned

and ran for their lives. While running, he could feel pieces of glass and metal hitting his back and head. The sound now resembled that of thunder as the dust became so thick it became impossible to see.

A hand then pulled him and his partner in from the sidewalk into the shelter of a nearby building. As he looked outside he knew then he would not be alive if he was still out on the street. Immediately overcome with amazement, his faith told him that on that day of terror he was touched and saved by the hand of God.

Just as Jesus touched Jairus' daughter and brought her from death to life, God had touched my friend, pulling him from the chaos and death

A hand then pulled him and his partner in from the sidewalk into the shelter of a nearby building. As he looked outside he knew then he would not be alive if he was still out on the street. Immediately overcome with amazement, his faith told him that on that day of terror he was touched and saved by the hand of God.

that surrounded him. We are reminded that with faith in God after the darkness comes light, after death comes new life.

Throughout our lives, whenever we experience difficulties, hardships, danger or darkness, we may fall to our knees and pray to God to help us. We reach out and try to touch his garment, sometimes forgetting that it is God who is continuously reaching out to touch us and raise us from our sleep to new life. Like an early spring flower pushing through the

frozen winter snow, God reveals his desire to show us His power of recreation, of new life in our very own lives.

Some things in our life are in need of recreation. God desires to awaken our spiritual lives. God can save us from the darkness, loneliness and death. In life, He continues to recreate in us when we say it's too late, it's over. Jesus says to us, "Why do you make a tumult and weep? The child is not dead but sleeping."

When we feel we have suffered so much that our spiritual life is hemorrhaging, leaving us with emptiness, it is Jesus who offers to us healing and wholeness. Like Jairus in the Gospel, Jesus Christ responds to our begging. Through our prayer and perseverance, Jesus promises us a new life - a life of true peace and eternal life. Jesus promises us hope and salvation and our own resurrection on the last day.

Honoring the Colors

	Reveille 6 a.m. (0600 hours)	Retreat 5 p.m. (1700 hours)
Military personnel in uniform	Stand at attention, face the flag and salute at first note.	Stand at attention, face the flag for Retreat, then salute at first note of <i>To the Colors</i> .
Military personnel not in uniform, civilians	Stand at attention, face the flag and place right hand over heart at first note.	Stand at attention, face the flag for Retreat, then place right hand over heart at first note of <i>To the Colors</i> .
Military personnel in formation or in a group	Senior Soldier calls group to "Attention," then "Present, Arms" at first note. Calls "Order, Arms" at conclusion.	Senior Soldier calls group to "Attention," then "Parade, Rest" at first note of Retreat. Calls group to "Attention" and "Present, Arms" at first note of <i>To the Colors</i> , then "Order, Arms" at conclusion.
Individual military personnel, civilians in a vehicle	Stop vehicle and exit. Follow steps above.	Stop vehicle and exit. Follow steps above.
Group of military personnel in a vehicle	Stop vehicle. Individual in charge exits and follows steps above.	Stop vehicle. Individual in charge exits and follows steps above.

Other bugle calls heard on post are:
Tattoo.....9 p.m. (2100 hours)
Call to Quarters.....9:30 p.m. (2130 hours)
Taps.....10 p.m. (2200 hours)

Domestic Violence Awareness Month Calendar of Events

Oct. 13 Domestic Violence Awareness Golf Outing 11 a.m. - 5 p.m. at the McGuire Falcon Creek Golf Course	Oct. 20 SCREAM Theater at the Pemberton Township High School
PALS: When Children Witness Domestic Violence 11:30 a.m. - 12:30 p.m. at Fort Dix Army Community Service	Oct. 24 Information Booth 11 a.m. - 1 p.m. at Club Dix
Oct. 16 Letting Go of Stress 11:30 a.m. - 12:30 p.m. at Fort Dix Army Community Service	Oct. 25 Warrior Run Information Booth 2:30 - 4 p.m. at the McGuire Fitness Center
Oct. 17 Rethinking Work and Family 2:30 - 4 p.m. at the Lakehurst Chaplain's Conference Room	Health Fair 10 a.m. - 3 p.m. at the Fort Dix MRB, C Co
Oct. 18 Harmony for a Healthier Existence Yoga Class 6 - 7 p.m. at the McGuire Fitness Center	Oct. 26 Love Shouldn't Hurt 11:30 a.m. - 12:30 p.m. at Fort Dix Army Community Service
Oct. 19 Impact of Media Violence on Children's Behavior 11:30 a.m. - 12:30 p.m. at McGuire CDC #1	Army Family Action Plan Conference 8 a.m. - 4:30 p.m. at the Fort Dix Chapel
Information Booth 11 a.m. - 1 p.m. at the AAFES Food Court	Oct. 27 Information Booth 11 a.m. - 1 p.m. at Club Dix
	Oct. 30 Heart Link 9 a.m. - 2:30 p.m. at the Family Support Center

Energy Awareness Month promotes efficient use of valuable resources

J.D. Leipold
Army News Service

WASHINGTON, Oct. 10, 2006 – October is National Energy Awareness Month and this year's theme, "Energy independence depends on us," promotes wiser use of limited energy resources, and highlights the importance of energy to the economic prosperity, security and growth of America.

The Army has reduced energy consumption by 29.4 percent since 1985. But "unfortunately, from 2003 to 2005 we increased energy use by 3.5 percent due to the global war on terrorism and a loss of focus on energy conservation," said Secretary of the Army Francis J. Harvey.

Because the Department of Defense is the nation's single largest user of energy and the Army is the largest utilities consumer, Harvey said "we must be a leader in energy efficiency and the use of renewable energy products and emerging technologies."

Myths

According to Don Juhasz, chief, utilities and energy team under the Assistant Chief of Staff for Installation Management, "There are myths, routinely held as fact, that inhibit cost-saving practices."

One such fable is that the Army doesn't pay for utilities.

"The Army is one of the government's largest utility customers, spending nearly \$1 billion annually on those costs," Juhasz said. "Just a 10 percent decrease in utility consumption would lower the government's expenditures more than \$100 million a year."

Another myth is that it takes more energy to turn lights on and off than to just leave them on.

"Not so," according to Juhasz. "It does require a surge of energy, up to 300 percent and

one-sixtieth of a second after which the energy flow becomes a steady state. Human reaction time in a switch off and on exceeds this by about 15 times.

"A person could stand there flipping a switch off and on and the off-time would offset any energy increase from the on-cycle, he said.

Lamp life is decreased with on and off switching, but because of the time the fixture is off during switching, the overall time between bulb replacement is actually increased by one second for every one second the light is off, so that it takes at least the normal life hours – 20 thousand for a good fluorescent – to decrease its life to half by constantly switching it off and on.

"The bottom line," he said, "is it saves utility costs if lights are turned off when a room is unoccupied, even for two seconds."

Yet another myth is that motor pools and buildings be lit from the outside during darkness per security regulations.

"Only the bunker lights at an ammunition supply point are required to be on during all hours of darkness. All other security lighting is at the discretion of the commanding officer," Juhasz said.

"It has been proven that pilferage and vandalism have decreased at military facilities and on school grounds where the lights have been turned out," he added. "The intruders then have to bring their own lights and can be more easily spotted by security forces."

Improving energy management

The Energy Policy Act of 2005 charges individuals and government agencies with improving energy management to save money and reduce environmentally harmful emissions.

To reduce energy costs by

two percent, as mandated by the EP Act, the Army established an energy campaign plan that extends through 2030.

The Army energy strategy is based on these five initiatives:

- Eliminate/reduce energy waste in existing facilities;
- Increase energy efficiency in renovation and new construction;
- Reduce dependence on fossil fuels;
- Conserve water resources; and
- Improve energy security.

Energy Star

Energy Star, a joint program of the U.S. Environmental Protection Agency and the U.S. Department of Energy, was created in 1992 to help consumers, businesses and government agencies save money by offering energy efficient products.

A voluntary labeling program, Energy Star identifies and promotes energy-efficient products to reduce greenhouse gas emissions. Computers and monitors were the first labeled products. Later, the EPA expanded the label to additional office equipment and residential heating and cooling equipment.

Today, the label is on major appliances, lighting, home electronics and also on new homes and commercial and industrial

Autumn leaves signal annual Fall Cleanup

As summer gives way to autumn, leaves reveal the best they have to offer in their wide spectrum of color, and the worst they have to offer has they wither, die and fall upon lawns, sidewalks and driveways.

With this in mind, Fort Dix is preparing for the annual Fall Cleanup and asks the Dix community to keep the following in mind:

buildings. Over the past decade, Energy Star has been a driving force behind the more widespread use of such innovations as LED traffic lights, efficient fluorescent lighting, power management systems for office equipment and low standby energy use.

According to their Web site, Energy Star has partnerships with more than 8,000 private and public sector organizations. Energy and cost savings to consumers, business and government agencies in 2005 was roughly \$12 billion. With the help of Energy Star, Americans also saved enough energy in 2005 to avoid greenhouse gas emissions equivalent to those from 23 million cars.

Along with energy efficient products, Energy Star also offers solutions to common household problems to help reduce your energy costs. They can offer an online home analysis and assistance along with possible solutions to most home problems including mold and mildew, to dust, damp basements, dry winter air and moisture on windows.

For more information on Energy Star to go www.energystar.gov.

For more information on the Army Energy Program go to Army Energy Program.



Steve Snyder

All in the family

Master Sgt. Karl Makarowski pins the new rank on his wife, Chief Warrant Officer 2 Delini Sooklall-Makarowski, at the Officer/NCO Call held Wednesday night at Club Dix. Chief Sooklall-Makarowski was promoted to CW2 while in theater serving with the 408th AG PS overseas but requested the ceremony be performed when she returned here. She plans on joining her old unit, the 1079th Garrison Support Unit, shortly.

Inclement Weather Information

Call 562-4065

after 6 a.m. for the latest information on weather closures and delays, or tune in to WDIX Channel 2.

Chargers dominate Hamilton in 13-0 win



Ed Mingin
Public Affairs Staff

Fort Dix Peeewe coach Steve Uzleber paced the sideline as his team took to the field and prepared to kickoff to Hamilton East.

"I want that ball back," said Uzleber to his team. "Get me that ball."

The Chargers answered the coaches request with a successful outside kick, as they recovered the ball.

Though the team would not score on that opening drive, they set the tone for the rest of the game, as they beat Hamilton East 16-0.

It was the defense that put the first points on the board for the Chargers. With Hamilton backed up to their own end zone, John Cotton grabbed the runner and brought him down for a safety, giving Fort Dix a 2-0 lead.

The Fort Dix offense got things going once they took possession of the ball again, marching down the field for a touchdown.

"Anthony Shoffner ran up the middle for 30 yards for the touchdown," said Uzleber. "Troy Savage completed a pass to Brandon Cromwell for the extra point."

Now leading 9-0, the Chargers were not content to sit on their lead. The defense stepped



photos by Ed Mingin

GOOD GAME -- The Fort Dix Mitey-Mites, above, congratulate Hamilton West. The Chargers played hard but lost 13-0. At left, Christian Mangione chases down a Hamilton West runner. The Mitey-Mites are still looking for their first win, but continue to improve with each game.

up big in the second quarter when Brandon Cromwell snatched a pass out of the air and ran the interception back for the score.

The extra point was successful, with Savage hitting Cromwell again for a 16-0 lead as the first half came to a close.

For the rest of the game, the offense was unable to sustain drives and reach the end zone. It didn't matter however, as the defense continued to shut down

and dominate the opposition.

"The second half, penalties kept us out of the end zone, but the defense did their job by not allowing Hamilton East any first downs," explained the coach after the game.

"It was a good effort by the whole team," said Uzleber.

"This week we need to work on down field blocking to reduce some of the penalties. They will play Palmyra this Saturday, Oct. 14.

The Mitey-Mites will be back in action next week in Palmyra when they play Delran.

The Middlets lost a tough 7-0 battle against Hamilton East.

They will play Palmyra this Saturday, Oct. 14.

Dix Team hits road

(continued from page 1)
made more remarkable by the fact that he underwent an emergency appendectomy earlier this year, which interfered with his normal training.

"Personally this was my worst 10-miler by more than five minutes - a combination of a lack of training, cramps, and probably age catching up to me," he said. "With the current

training load, it was tough for the whole team to train but we still managed a respectable placing."

For 1st Sgt. January Rodriguez, training as a team was something she had looked forward to after qualifying for the 10-mile race.

"I would like to see just how fast I can run if I follow a training plan. Now that I am a part of

a team, I will follow a training plan that involves hills, sprints, intervals and long distance," said Rodriguez.

"I do not train to run. I just enjoy running. I know that if I did train I might actually be good," she added.

Team Dix did manage to get in some group training, though they would have liked more.

"There were four training sessions planned," explained Rodriguez. "A few of us were able to fit it into our schedule, but the others were not so lucky. Maj. Fitzgerald gave me a whole new perspective on racing."

Her new racing perspective was enough to bring Rodriguez to finish the race in 1:25:07. It was good enough to finish as the 884th female. She beat more than 11,000 of the 15,000 finishers.

Capt. Bryan Dunker finished the race 30 seconds behind Fitzgerald. His time of 1:06:19 was good enough for an overall finish of 457.

Capt. Greg Santillo crossed the line at 1:08:42, for 668th position.

Overall, Team Dix finished the race with a time of 4:45:53. It gave them seventh spot in the Active Duty Open Mixed division. Their overall finish was 86th.

This was the 22nd running of the Army Ten-Miler, which started in 1985. The race was not held in 2001, as a result of the 9/11 terrorist attacks.

Last year's race was rerouted just before the start of the event, as race officials discovered a suspicious package along the planned course. Because of the changed route, the course last year was longer than planned, so no time was given for the race.

The package turned out to be

a false alarm, and runners took the whole thing in stride.

"It was a beautiful day - so beautiful in fact runners were awarded an extra 1.4 miles!" said Lt. Col. Scott Paradis, former deputy installation commander, at the end of last year's race.

"Unfortunately, because of the re-routing no times were kept. We finished back at the start, while the time-keeping sensors were at the planned finish. The race finish was declared 'unofficial' - no awards; everyone a winner!"

For next year's race, Team Dix will be without Fitzgerald and Rodriguez. Both are set to leave Fort Dix before the event.

Still, they will both be here at Fort Dix for a bit longer, and will continue to be active in the community.

"I will focus on the flag football season for the next two weeks and then start my training for the Avalon 50 miler in January. I took second overall last year so now I am not under the radar in that race," said Fitzgerald.

"Here on Fort Dix my last race will be the Turkey Trot. Fort Dix has been a good assignment and has some great events year round," added Fitzgerald.

Rodriguez will also leave Dix behind, though she also plans to participate in the Turkey Trot. She has some advice for next year's Fort Dix Ten-Mile team.

"I am leaving Fort Dix before the next run, but I am going to try to keep up at the Turkey Trot run in November," she said.

"If we can finish in seventh place with only four practices, I recommend next year's team start training together two months prior to the race and try to finish within the top five teams."



photos by Ed Mingin

FINAL PUSH -- Team Dix grabbed seventh spot in the Army Ten-Miler this past weekend. Capt. Bryan Dunker, above, finished just behind Maj. Scott Fitzgerald, top right photo. Fitzgerald was the first member of Team Dix at the finish. Capt. Greg Santillo was third for Team Dix, right. First Sgt. January Rodriguez, bottom right, was the sole female qualifier for the team.



Sports Shorts

Griffith Field House
Saturday & Sunday
9 a.m. to 5 p.m.
Monday - Friday
6 a.m. to 9 p.m.

Doughboy Gym
Newport Ave.
Monday - Friday
5 to 9 p.m.
Closed weekends

Youth Sports Basketball

Fort Dix Child & Youth Services will be offering basketball for youths up to 15 years of age. No players on high school teams accepted.

Registration is from Oct. 16 - Dec. 1.
All children must be registered with Fort Dix Child & Youth Services to participate. A registration

fee of \$18 per child or \$40 for three or more children will be charged for anyone not already registered for CY/S, in addition to the specified activity/sports fees.

Parents must show proof of sports physical for the current year.

Mandatory basketball certification for coaches is scheduled for Dec. 3, 10 a.m. - 2 p.m.

Fort Dix Youth Sports programs focus on skill development and fun through positive mentoring and sportsmanship. Come experience and participate in the Fort Dix Youth Basketball Program.

For more information, call the Youth Sports Office at 562-5519.

Intramural Basketball

The Griffith Field House will be holding their annual Intramural

Basketball League. The first coaches meeting will be Nov. 7. For more information about participating, call Chris O'Donnell at 562-4888.

Outdoor Rec.

For more information about Outdoor Rec activities, call them at 562-2727. You can also visit their website at www.dixmwr.com.

Oct. 14

Dolphin Watching in Cape May.

Fees: \$40 adult \$30 child

Oct. 21-22

Overnight canoe/kayak @ Wading River

Fees: \$75 single \$140 couple

Oct. 28

Horseback Riding @ Tyler State Park

Fees: \$35

Nov. 4

Hiking and lunch @ Bass River State Forest

Fees: \$20 adult \$15

Nov. 11

Rock Climbing

Fees: \$35 adult \$25 child

Nov. 17

Jersey Devil Hunt

Fees: \$20 adult \$15 child

Dec. 2

Ice Skating

Fees: \$20 adult \$15 child

Dec. 9

Lost River Caverns

Fees: \$30 adult \$25 child

Aquatics

Winter hours are now in place for the indoor pool.